MITCHELL SHIRE LEISURE SERVICES.

SSAC January Holiday Timetable

Monday 4 January – Sunday 31 January 2021.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15am		Boot Camp		Boot Camp		
8:15am						Spin
8.30am	Aqua		Aqua		Aqua	
9.30am	Spin	Metafit	Total Body Conditioning	Pilates	Senior Strength Total Body Conditioning	
10:30am			Heart Smart			
5.30pm			Pilates			
6.30pm		Aqua	Total Body Conditioning			

Kilmore Leisure Centre
Address: White Street Kilmore
Phone: (03) 5734 0600
Website: www.mitchellshire.vic.gov.au

Seymour Sports and Aquatic Centre
Address: Pollard Street Seymour
Phone: (03) 5735 1500
Email: mlc@mitchellshire.vic.gov.au

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